

NIAGARA DISTRICT LONG COURSE "SUPER CIRCUIT".

A Series of 3 Long Course Niagara Meets

Super Circuit #3, June 19th, 2010

Hosted by the RHSC, FAST, PACK, SEAS

Niagara District Sanction NI0910-114S
Held under the Sanction of USA Swimming

The "Super Circuit" is a series of 3 Long Course meets to be held in May and June of 2010, in order to offer a short meet format and opportunities for swimmers to compete in more long course meets. This meet is the 3rd of 3 meets in the series to be held in the Rochester region. These meets are directed by the Niagara District Technical Planning committee and held with the assistance of area clubs. The competition course has been certified and is on file with USA Swimming.

For this third meet, we will be offering the Series 3 schedule.

Order of Events

Women	Event Description	Men
1	9-12 50 M Freestyle	2
3	9-12 200 M Medley	4
5	Senior 200 M Freestyle	6
7	9-12 50 M Butterfly	8
9	Senior 50 M Freestyle	10
11	9-12 100 M Backstroke	12
13	Senior 200 M Medley	14
15	9-12 100 M Breaststroke	16
* 17 *	Senior 1500 M Freestyle	* 18 *

* Indicates a cut time: #17/ 22:00.00 # 18/ 21:00.00 please enter with fastest time.*

DATES: Saturday, June 19th, 2010

LOCATION: Webster Aquatic Center, 875 Ridge Road, Webster, NY.

MEET TIME: Warm up: 9:00 AM, Meet start: 10:00 AM

EVENTS: The meet will be swum in accordance with the accompanying schedule of events. This is a "no recall" meet. Prepare for flyover starts. No 8 + unders for this meet.

*****Please direct all correspondence or questions to Tim Dubois. Please direct questions regarding OFFICIATING ONLY to Phil Kirch*****

MEET DIRECTOR: Rodney Champagne MEET MARSHAL: Marci Callan

OFFICIALS: Anyone interested in officiating at this meet is welcome. Please contact Phil Kirch.

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TIMERS: Participating clubs will be required to assist with lane timing for prelims. Schedules will be provided in the Meet Program and posted at the pool.

FORMAT: This will be timed finals for ALL EVENTS.

SEEDING: These meets will be pre-seeded with the exception of the 400-yard Individual Medley and the 800 and 1500-meter Freestyle events. These events will be deck seeded with positive check-in required by the end of the warm-up period for that session. 1500 free will be swum fastest to slowest alternating female and male. Swimmers must provide their own timers.

It is the swimmer's responsibility to be at the blocks when their event and heat is called. Failure to swim after positive check-in will result in disqualification from the meet.

AWARDS: No awards given for this meet.

ENTRIES:

1. Swimmers may enter and swim no more than three (3) individual events each session.
2. All events are "open", except those listed as 9-12. No 8 + unders will be permitted to swim in this meet.
3. No deck entries will be permitted.
4. No entries will be accepted without a swimmer's current USA number.
5. Payment of entry fees and original signed waiver for such entries must be submitted by the entry deadline. **Swimmers whose entry fees are unpaid will be barred from competition at the meet.**

ENTRY

FEES:

- \$ 4.00 per individual event
- \$ 5.00 deck fee per swimmer
- Club checks only – no personal checks

Checks should be made payable to: **SEAS Inc.**

COMPUTER

ENTRIES: The Niagara District has standardized on Hy-Tek's **Team Manager** and **Meet Manager** software. Please submit your **Commlink** entry file by e-mail. Be sure to include your name and phone number in case a hard copy of your entries is needed. Computer entries should be emailed by Tuesday, June 15th, 2010, to: **rodneyc@frontiernet.net**

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ENTRY

DEADLINE: Entries with payment and signed meet summary/waiver form must be received no later than Tuesday, June 15th, 2010. **No certified mail please.** Send waiver/check to:

Rod Champagne

185 Ladue Rd

Brockport, NY 14420

RULES: The meet will be conducted in accordance with the rules of USA Swimming and Niagara District LSC applicable to a pre-seeded, championship meet format. 1500 will be swum fastest to slowest alternating female and male. ***Please adhere to cut times for the 1500.*** No 8 + unders for this meet.

Niagara District guidelines for warm-up procedures in a eight-lane pool will apply.

DECK ID: Only swimmers, coaches, officials and meet personnel are allowed on deck. Coaches must wear the USAS ID, no exceptions.

CONDUCT: We are fortunate to be permitted to use the facilities at the Webster Aquatic Center. Proper conduct on the part of all swimmers and spectators is expected at all times. The meet area is restricted to the pool and adjoining locker rooms, the adjacent hallway and balcony area. Any swimmer found in an area designated out-of-bounds will be barred from participating in the remainder of the meet.

No folding chairs in the spectator area. No food or glass containers are allowed in the pool and locker room areas. Misbehavior, vandalism and theft will not be tolerated and can result in being barred from participation in the meet.

PROGRAMS: Programs for the meet will be on sale.

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Warm-up Procedures for all Sanctioned Meets in 8 Lane Pools

- I. **Pre-Meet warm-up period**
 - A. Control/Supervise - Key words for safe warm-ups.
 - B. Marshals should be actively supervising the warm-ups to ensure that proper procedures are followed.
- II. **General warm-up period**
 - A. The first 30-45 minutes are for general warm-ups in all lanes.
 - B. There shall be **NO DIVING** off the blocks or the edge of the pool at this time.
 - C. Outside Lanes - Kicking only.
 - D. Inside Lanes - Swimming and pulling only; no paddles.
 - E. No sprinting or pace work.
- III. **Specific warm-up period**
 - A. Last 30-45 minutes of pre-meet warm-up period.
 - B. In an eight-lane pool, each lane shall be scheduled as follows:
 - a. Lanes 1 & 8 push off one or two lengths & back, beginning at the starting end of the pool. Circle swimming only.
 - b. Lanes 2 & 7 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
 - c. Lanes 3, 4, 5 & 6 general warm-up only (as above) **NO DIVING**.

Important Points for Specific Warm - Up Period

1. No diving in lanes other than those designated for racing dives. The blocks should be marked to remind swimmers that they should not dive.
2. Start all swimmers in all lanes at the starting end of the pool.
3. Coaches should stand at the starting end of the pool when verbally starting swimmers on sprint or pace work.
4. Swimmers should be reminded by coaches that breaststrokers need more lead-time than freestylers or butterfly swimmers.
5. Backstrokers should be reminded of the danger of leaving simultaneously with someone on the block. No one should be allowed on the starting block until the backstroker has executed his/her start.
6. The announcer should announce lane changes and/or warm-up changes as per general and specific. The announcer can serve as the reminder of procedures.
7. Coaches should maintain as much contact with their swimmers as possible - verbal and visual - throughout the warm-up period.
8. The Coaches should understand that responsibility for supervision of their swimmers is the same at meets as when on deck at practice.
9. Marshals have the authority through the Meet Director over the warm-up. A swimmer and/or Coach may be removed from the deck for interfering with the Marshals.
10. When the number of participants for a meet session cannot be safely accommodated during the same warm-up period, warm up sessions should be split to provide a safe and adequate warm-up time for all.
11. The meet Referee shall have responsibility to establish and enforce rules for safe conduct within the competitive pool during the duration of the swimming competition.
12. The meet Safety Committee shall have responsibility for safety rules in all other areas during competition and shall assist the meet Referee in the competition pool if necessary.
13. The meet Safety Committee shall have any person deliberately violating safety rules removed from the meet facility.
14. There shall be at least one Marshal at each end of the pool to ensure the warm-up procedures will be followed.
15. Warm-up procedures shall be enforced for any breaks scheduled during the competition.
16. Discretion and common sense must be used when establishing procedures. The above procedures may be modified by the meet Referee according to the needs of the meet.

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Please return with your HY-TEK entry file.

Club Name _____ Club Code _____

Coaches Name _____ Phone _____

E-mail _____

Person submitting Entry _____ Phone _____

E-mail _____

Address for meet results _____

Total number of individual entries _____ X \$ 4.00 = \$ _____

Total number of swimmers _____ X \$ 5.00 = \$ _____

Total Due \$ _____

Make checks payable to **SEAS Inc.**

Team checks only please !!

Enclosed is payment of the entry fees for all events we have entered. In consideration of the acceptance of this entry, we hereby, for ourselves, our heirs, administrators, and assigns, waive and release any and all claims against RHSC, FAST, PACK, SEAS, USA Swimming, Niagara Swimming and the Webster Central School District for injuries and/or expenses incurred by us at this meet or while on the road to and from the meet. We are bona-fide amateur athletes eligible to participate in all events entered.

Signature of club official, parent or guardian

Date